



KANSAS
MATERNAL &
CHILD HEALTH

NOVEMBER 2016

FACEBOOK POSTS

November 2

This infographic is from the Academy of Nutrition and Dietetics. For more information on healthful eating during pregnancy visit

<http://www.eatright.org/resources/health/pregnancy>.

NUTRITION & LIFESTYLE FOR A HEALTHY PREGNANCY OUTCOME

Maternal nutrition and lifestyle choices are major influences on both mother and child's health. According to the Academy of Nutrition and Dietetics, women of childbearing age should adopt a healthy lifestyle to help reduce the risk of birth defects, suboptimal fetal development and chronic health problems in mother and baby.

HEALTHY PRE-PREGNANCY WEIGHT & APPROPRIATE WEIGHT GAIN

Pre-pregnancy body mass index (BMI) is an independent predictor of many adverse outcomes of pregnancy.

Women should weigh within normal BMI range when they conceive and gain within ranges recommended by the Institute of Medicine pregnancy weight guidelines.

Overweight during pregnancy results in short- and long-term maternal health risks, such as:

- obesity
- cardiovascular disease
- diabetes

| Body Mass Index (BMI) | Total Weight Gain Range |
|------------------------|-------------------------|
| Underweight (<18.5) | 28 lbs to 40 lbs |
| Normal (18.5-24.9) | 25 lbs to 35 lbs |
| Overweight (25.0-29.9) | 15 lbs to 25 lbs |
| Obese (≥30.0) | 11 lbs to 20 lbs |

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|---|--|--|--|--|
| <h4>PHYSICAL ACTIVITY & EXERCISE</h4> <p>150 min. aerobic activity spread out per week OR 30 min. moderate exercise most days per week.</p> | <h4>WIDE VARIETY OF FOOD</h4> <p>Helps to meet energy and nutrient requirements. Most fetos aren't overweight or obese will require 2,200-2,900 calories per day. Recommended total beverage intake: 10 cups per day</p> | <h4>VITAMIN & MINERAL SUPPLEMENTS</h4> <p>A health care provider may recommend supplementation for some pregnant women. Iron prevents anemia. Folic acid prevents neural tube defects. Celastrol prevents fetal brain development problems. Iodine helps fetal brain growth. Calcium helps fetal bone growth.</p> | <h4>NO ALCOHOL OR HARMFUL SUBSTANCES</h4> <p>Alcohol consumption may result in behavioral or neurological defects. Energy drinks are not recommended during pregnancy. Caffeine intake should not exceed 200 mg daily (i.e. 12 oz. cup of coffee).</p> | <h4>SAFE FOOD HANDLING</h4> <p>Pregnant women and their unborn children are more susceptible to food poisoning. Cook foods to minimum safe internal temperatures. Avoid unpasteurized juice, milk and soft cheeses.</p> |
|---|--|--|--|--|

November 5

During pregnancy many women develop gestational diabetes. It's important to follow your doctor's advice regarding blood glucose levels while you're planning your pregnancy, so you and your baby both remain healthy.

Learn about gestational diabetes at: <http://tinyurl.com/diabetesduringpregnancy>

ROLE OF THE HEALTH PROFESSIONAL

Regardless of a client's socioeconomic status, registered dietitian nutritionists and dietetic technicians, registered, need to implement multiple strategies to provide nutrition and lifestyle advice to all women before, during and after pregnancy.

Academy of Nutrition and Dietetics www.eatright.org
SOURCES: Position of the Academy of Nutrition and Dietetics: "Nutrition and Lifestyle for a Healthy Pregnancy Outcome" (July 2014); Practice Paper of the Academy of Nutrition and Dietetics: "Nutrition and Lifestyle for a Healthy Pregnancy Outcome" (July 2014)

MYTH

Gestational diabetes doesn't need to be taken seriously, as it will disappear after a woman gives birth.

FACT

It puts both mother and child at a higher risk of developing type 2 diabetes later in life.

November 7

Packing home-made lunches can help promote the health of you and your family, plus it can also save money! Learn more at wellnessliveshere.org

4 SIMPLE STEPS TO PACKING A HEALTHY LUNCH

STEP 1: PROTEIN + GRAINS/STARCHES

- ITALIAN SALMON SALAD SANDWICH
- ROAST BEEF ROLL-UPS
- TURKEY AND VEGETABLE CHILI
- HUMMUS ON WHOLE GRAIN PITA OR CRACKERS
- CHICKEN OR TURKEY SANDWICH ON WHOLE GRAIN BREAD
- BEANS WITH BROWN RICE OR QUINOA
- MINISTRONE SOUP

STEP 2: VEGETABLES

- SALAD
- CARROT STICKS
- CELERY STICKS
- BROCCOLI FLORETS
- BELL PEPPER SLICES
- YOUR FAVORITE VEGGIE

STEP 3: FRUIT

- APPLE
- ORANGE
- GRAPES
- BERRIES
- PEACH
- WATERMELON
- YOUR SEASONAL FAVORITE

STEP 4: CALORIE-FREE BEVERAGE

- WATER
- DIET SODA
- UNSWEETENED ICED TEA OR COFFEE
- SELTZER WATER

SAVE MONEY BOOST HEALTH

BY PACKING YOUR OWN LUNCH EVERYDAY, YOU'LL...

SAVE UP TO \$2,500 A YEAR



LEARN MORE AT WELLNESSLIVESHERE.ORG
#MyHealthyLunch
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November 9

Shared Eat Right Nutrition's post.

Kansas Maternal & Child Health shared Eat Right Nutrition's post.
 November 9, 2016

Eat Right Nutrition
 November 9, 2016

Dark leafy greens are a nutritious family-friendly addition to any meal! Here are 4 ways to make them more appealing to kids:



How to Get Your Kids to Eat Dark Leafy Greens

Dark leafy greens such as kale, chard, collard greens and spinach are bursting with nutrition. Discover how to prepare these nutritional superstars in ways that are healthy and appetizing.

EATRIGHT.ORG

November 10

November is National Healthy Skin Month. Follow the tips in this infographic to maintain healthy skin throughout the year.

TIPS FOR NATIONAL HEALTHY SKIN MONTH

YOUR SKIN IS YOUR BODY'S LARGEST ORGAN, SO IT'S IMPORTANT TO TAKE GOOD CARE OF IT.

Keep your skin in good shape during National Healthy Skin Month in November — and all year-round — by following these **TIPS** from the American Academy of Dermatology.

| | | |
|--|--|--|
| <p>WASH YOUR FACE EVERY DAY and after exercising. Use a mild cleanser and lukewarm water.</p> | <p>USE AN ANTIPERSPIRANT, rather than a deodorant, to reduce sweating.</p> | <p>DETERMINE YOUR SKIN TYPE — oily, dry, combination, normal or sensitive — and choose skin care products tailored to that type.</p> |
| <p>EXAMINE YOUR SKIN regularly for new or unusual spots, as well as anything changing, itching or bleeding.</p> | <p>PROTECT YOUR SKIN from the sun by seeking shade, wearing protective clothing, and using a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.</p> | |
| <p>CONSIDER USING PETROLEUM JELLY to treat minor injuries and moisturize dry skin and nails.</p> | <p>PREVENT BLISTERS AND CORNS on your feet by making sure your shoes fit properly. Wear nylon or moisture-wicking socks, and keep your toenails trimmed.</p> | <p>MOISTURIZE DAILY. Apply lotion or cream while your skin is still damp from bathing to lock in moisture and get the best results.</p> |



If you notice anything suspicious on your skin or if you have a question about skin care, see a board-certified dermatologist. Visit aad.org to get more skin care tips and find a board-certified dermatologist near you.

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November 11

Happy Veterans Day from Kansas Maternal and Child Health!

Happy Veterans Day

Remembering All Who Served

November 17

Premature birth is the leading cause of death in children under the age of five worldwide. World Prematurity Day brings more attention and urgency to global initiatives to address preterm birth.

<http://www.marchofdimes.org/miss.../world-prematurity-day.aspx#>

Proud to support
#worldprematurityday

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November 21

The March of Dimes Prematurity Campaign aims to reduce preterm birth rates across the United States. The Report Card grades are assigned by comparing the 2015 preterm birth rate in a state to the March of Dimes goal of 8.1 percent by 2020. To see the full Kansas Report visit: <http://www.marchofdimes.org/mis.../prematurity-reportcard.aspx>

2016 PREMATURE BIRTH REPORT CARD



The March of Dimes Prematurity Campaign aims to reduce preterm birth rates across the United States. Premature Birth Report Card grades are assigned by comparing the 2015 preterm birth rate in a state or locality to the March of Dimes goal of 8.1 percent by 2020. The Report Card also provides county and race/ethnicity data to highlight areas of increased burden and elevated risks of prematurity.

COUNTIES

Counties with the greatest number of births are graded based on their 2014 preterm birth rates.

| County | Preterm birth rate | Grade |
|-----------|--------------------|-------|
| Douglas | 9.1% | B |
| Johnson | 7.9% | A |
| Riley | 7.6% | A |
| Sedgwick | 9.7% | C |
| Shawnee | 9.5% | C |
| Wyandotte | 9.8% | C |

November 22



Kansas Maternal & Child Health

November 22, 2016 · 🌐

Isn't it amazing how many tissues and bowls of soup your family can go through in one season? Don't assume, though, that your child's cough is simply a cold it might be something more serious. Here's when to worry and what to do.



How Bad Is That Cough? 7 Bad Coughs to Worry About

Isn't it amazing how many tissues and bowls of soup your family can go through in one season?

PARENTS.COM

November 23



Kansas Maternal & Child Health

November 23, 2016 · 🌐

Instilling a sense of gratitude in children is an important part of healthy social-emotional development and has many long-term benefits. This article gives five important tips on thankfulness, including being a good role model, accentuating the positive, and helping your children help others.



Teaching kids to be grateful may have long-term benefits even though it's not easy

Thanking people is good manners — at least that's what I've tried to impress on my kids — but it may also lead to better, healthier lives....

WAPO.ST

November 24

Happy Thanksgiving from Kansas Maternal & Child Health!



November 28



Kansas Maternal & Child Health

November 28, 2016 · 🌐

November is National Healthy Skin Month

Babies and children can get dry skin just like adults do. In fact, because young skin is more delicate, it's more susceptible to becoming dry. View this article to learn about simple ways to protect your child's skin.



Dry skin in children | BabyCenter

Why your child may have dry skin and how to treat it.

BABYCENTER.COM

November 29



Kansas Maternal & Child Health

November 29, 2016 · 🌐

Taking care of yourself, working with your doctor, and getting your home ready are a few ways you can prepare for a healthy pregnancy. Vaccines are also an important part of every pregnancy because they help protect you and your baby from preventable diseases.

Learn more by visiting <http://www.cdc.gov/vaccines/pregnancy/index.html>.



Healthy Pregnancy Tips From the CDC

Taking care of yourself, working with your doctor, and getting your home ready are a few ways you can prepare for a healthy pregnancy. You should also...

YOUTUBE.COM